



Lab A10-6 *Self-Esteem Inventory*

Read each of the following statements; check the “like me” column if it describes how you usually feel and the “unlike me” column if it does not describe how you usually feel.

Like me **Unlike me**

- | | | |
|-------|-------|---|
| _____ | _____ | 1. I spend a lot of time daydreaming. |
| _____ | _____ | 2. I’m pretty sure of myself. |
| _____ | _____ | 3. I often wish I were someone else. |
| _____ | _____ | 4. I’m easy to like. |
| _____ | _____ | 5. My family and I have a lot of fun together. |
| _____ | _____ | 6. I never worry about anything. |
| _____ | _____ | 7. I find it very hard to talk in front of a group. |
| _____ | _____ | 8. I wish I were younger. |
| _____ | _____ | 9. There are lots of things about myself I’d change if I could. |
| _____ | _____ | 10. I can make up my mind without too much trouble. |
| _____ | _____ | 11. I’m a lot of fun to be with. |
| _____ | _____ | 12. I get upset easily at home. |
| _____ | _____ | 13. I always do the right thing. |
| _____ | _____ | 14. I’m proud of my work. |
| _____ | _____ | 15. Someone always has to tell me what to do. |
| _____ | _____ | 16. It takes me a long time to get used to anything new. |
| _____ | _____ | 17. I’m often sorry for the things I do. |
| _____ | _____ | 18. I’m popular with people my own age. |
| _____ | _____ | 19. My family usually considers my feelings. |
| _____ | _____ | 20. I’m never happy. |
| _____ | _____ | 21. I’m doing the best work that I can. |

(over)

LAB A10-6 (continued)

Like me **Unlike me**

- | | | |
|-------|-------|---|
| _____ | _____ | 22. I give in very easily. |
| _____ | _____ | 23. I can usually take care of myself. |
| _____ | _____ | 24. I'm pretty happy. |
| _____ | _____ | 25. I would rather associate with people younger than me. |
| _____ | _____ | 26. My family expects too much of me. |
| _____ | _____ | 27. I like everyone I know. |
| _____ | _____ | 28. I like to be called on when I am in a group. |
| _____ | _____ | 29. I understand myself. |
| _____ | _____ | 30. It's pretty tough to be me. |
| _____ | _____ | 31. Things are all mixed up in my life. |
| _____ | _____ | 32. People usually follow my ideas. |
| _____ | _____ | 33. No one pays much attention to me at home. |
| _____ | _____ | 34. I never get scolded. |
| _____ | _____ | 35. I'm not doing as well at work as I'd like to. |
| _____ | _____ | 36. I can make up my mind and stick to it. |
| _____ | _____ | 37. I really don't like being a man/woman. |
| _____ | _____ | 38. I have a low opinion of myself. |
| _____ | _____ | 39. I don't like to be with other people. |
| _____ | _____ | 40. There are many times when I'd like to leave home. |
| _____ | _____ | 41. I'm never shy. |
| _____ | _____ | 42. I often feel upset. |
| _____ | _____ | 43. I often feel ashamed of myself. |
| _____ | _____ | 44. I'm not as nice-looking as most people. |
| _____ | _____ | 45. If I have something to say, I usually say it. |

(over)

LAB A10-6 (continued)

Like me **Unlike me**

- _____ _____ 46. People pick on me very often.
- _____ _____ 47. My family understands me.
- _____ _____ 48. I always tell the truth.
- _____ _____ 49. My employer or supervisor makes me feel I'm not good enough.
- _____ _____ 50. I don't care what happens to me.
- _____ _____ 51. I'm a failure.
- _____ _____ 52. I get upset easily when I am scolded.
- _____ _____ 53. Most people are better liked than I am.
- _____ _____ 54. I usually feel as if my family is pushing me.
- _____ _____ 55. I always know what to say to people.
- _____ _____ 56. I often get discouraged.
- _____ _____ 57. Things usually don't bother me.
- _____ _____ 58. I can't be depended on.

Scoring

The test has a built in "lie scale" to help determine if you are trying too hard to appear to have high self-esteem. If you answered "like me" to three or more of the following items, retake the test with an eye toward being more realistic in your responses: 1, 6, 13, 20, 27, 34, 41, 48.

To calculate your score, add up the number of times your responses match those given below. To determine how your level of self-esteem compares to that of others, find the value closest to your score in the table.

Like me: Items 2, 4, 5, 10, 11, 14, 18, 19, 21, 23, 24, 28, 29, 32, 36, 45, 47, 55, 57

Unlike me: Items 3, 7, 8, 9, 12, 15, 16, 17, 22, 25, 26, 30, 31, 33, 35, 37, 38, 39, 40, 42, 43, 44, 46, 49, 50, 51, 52, 53, 54, 56, 58

Men	Women	
33	32	Significantly below average
36	35	Somewhat below average
40	39	Average
44	43	Somewhat above average
47	46	Significantly above average

Source: Ryden, M. B. 1978. An adult version of the Coopersmith Self-Esteem Inventory: Test-retest reliability and social desirability. *Psychological Reports* 43:1189-1190. Copyright © 1978 Muriel Ryden. Reproduced with permission of the author. Used by permission. (Dr. Ryden's scale is a version of a scale developed by Dr. Stanley Coopersmith to measure self-esteem in children. Dr. Ryden's version is modified to be used with adults.)